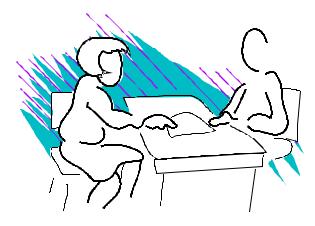
## Know The Facts About Osteoporosis



- ♦ More than 2.3 million American men suffer from osteoporosis.
- ♦ A woman's risk of developing an osteoporosis-related hip fracture is equal to her combined risk of developing breast, uterine, and ovarian cancer.
- ♦ Medications, including some steroids, such as hydrocortisone or prednisone, can increase bone loss. It is important to ask your doctor to review your medications, including bone-related side effects.
- ♦ You can help protect bones against fracture by exercising and doing other physical activities. Exercises that increase muscle strength and improve flexibility help prevent falls.
- ♦ One in every 8 men over age 50 is expected to suffer an osteoporotic fracture in their remaining lifetime.
- ♦ Bone mineral density (BMD) tests are safe, painless, and non-invasive tests that evaluate bone density, a measure of bone strength. With the information obtained from these tests, your doctor can predict the likelihood of future fractures and determine the most appropriate care.

Source: America's Bone Health: The State of Osteoporosis and Low Bone Mass in Our Nation 2002, National Osteoporosis Foundation.

For more information on this topic or regarding your local Regional Arthritis center (RAC) call 1-800-316-0935 or visit the Missouri Arthritis and Osteopo rosis Program (MAOP) web site at <a href="https://www.state.mo.us/maop">www.state.mo.us/maop</a>.

